

Organize your life!

LIFE CHANGING METHODOLOGY

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Contents

A few words from the author	4
Reality check.....	9
Where to start	19
The wheel of life	22
Key questions.....	37
Planning.....	48
Organization.....	55
Sleeping.....	59
Hygiene.....	66
Additional activities	79
Main activities.....	87
What about the rest?	132
System of connected vessels	144
Common traps in the process.....	158
Summing-up.....	168
Ending	175

A few words from the author

Everyday I meet at least one person. It's easy to imagine how many people I have been acquainted with in my professional life, now being thirty-three years old. You might think that everyone is different and deals with individual problems. However, after my long-standing observation our lives are not that complicated and different from each other as it may seem.

Planning my first book, I was wondering what question or sentence I hear from you most often. What is the most common problem and what I found so difficult in my life a few years ago, that without the help of others I would not have been able to cope with it. This is how "Organize your life!" was created. In this book I would like to show you how to plan your day (week, month, year) in order to have a meaningful, harmonious life and grow strong self-esteem. I will advise you how to reconcile with the past, design the future for systematically achieving everything you've been dreaming about and most importantly I will teach you how to live in the present!



Aleksandra Strugalska

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In the hustle and bustle of everyday life, most of us have no idea how exactly we want to live and what we want to do with our lives. It is almost impossible to simmer ourselves down and think through our lives, living in a constant rush and noise. However not knowing our goals and dreams is strictly connected with a deeper problem, that is not knowing who we truly are. If we don't know it, we cannot be certain of our choices and confident in our actions, because we do not trust ourselves and that's why we live in some kind of suspension. In our personal limbo we are waiting for some miracle to happen or someone to save us, not realizing that no one is coming and we have to do it on our own. The prolonged exposure to that miserable state leads us to a feeling of hopelessness, meaninglessness and a situation when in general we question our life as necessary and important. We feel worthless and our actions senseless. We sink into despair and misery, having the thought in the back of our mind, that others can get their act together and have a successful, well managed life. We come to a conclusion that if others can, then there must be "something wrong with me".

Casting my mind around 5 years back I remember that I was feeling the weight of "all this" and also lacking integrity, purpose and values. I wanted "it" to simply be over. I decided that death would be the moment when I would not have to live the life

I have, I would not have to fight with myself every day for a smile or a will to breathe, struggle with life and fight for a life that leads to nothingness and vanity. Make no mistake, I have achieved a lot, if we measure my success with contemporary measures, but at the end of each day I felt that I have nothing. On an everyday basis I felt like an inadequate loser who's always lacking, in comparison to others. I felt that my hard work and efforts, no matter how I've intensified them, were leading me to nowhere. I was trapped in a loop, reliving every day over and over, like I was in a lucid dream and despite my efforts I couldn't wake up. I was haunted by meaningless activities like Sisyphus, doom to fail from the start.

Some of us may admit that they have questioned the value or meaning of life at least once. Some of us may admit that they do not know what they are doing with their lives and have no idea where they are going. Only a few will tell about their suicidal thoughts or death wish in terms of the best thing that could happen to them, because they would not have to live in a way they exist now. This kind of conviction is deeply rooted in us, whether we admit it or not it doesn't change anything, the feeling left unspoken doesn't go away.

During many conversations with my friends, colleagues or acquaintances I most often hear the following statements.

Regardless of gender, profession, industry in which they work, age, family or financial situation the problems always stay the same. I strongly believe that each one of us has the same challenges, only the names of them are different. On the fingers of one hand, I am able to count people from whom I did not hear it.

- It all makes no sense,
- as usual, it did not work out for me,
- I had other plans, but it turned out as always,
- you know how it is,
- plans are plans, and life is life,
- I really want to but...,
- I used to really want to but now I don't care,
- I don't have the strength anymore,
- not everyone has it so easy as...,
- I don't know what I want from life,
- it's too much, I don't know where to start,
- how do you do that?
- You always seem to know what your doing, I'm clueless ,
- I can't decide it's too difficult,
- I can't take it anymore, I want it to be over,
- You always have everything organized, I can't do that.

If you also ask these questions/repeat these sentences to others or yourself in your head, then this book was written for you. If you

want to know how I broke up my crippling cycle of living the life of nightmares, achieved fulfillment, found joy and excitement from my journey on an everyday basis, basically how I managed to not only survive but to live - I invite you to the lecture. In a direct and simple way I will show my methodology. I will guide you step by step through the entire process, as well as reveal real examples from my life and the traps that I fell into along the way of changing.

I'm rooting for you!

Aleksandra Strzalska



Reality check

Over 350 million people in the world struggle with depression, and over 1.5 million in Poland, which is roughly as many people as live in our capital city. It is mostly diagnosed in the group age of 20 to 40 and twice as often in women than in men. These statistics apply only for diagnosed people from research conducted in 2020 (I didn't find any updated one). What about those who are undiagnosed and untreated? There are millions. We are talking here only about depression itself, not mentioning other disorders that are not directly depression, but leave a significant mark on our daily functioning. When I say everyone should be on therapy, that's exactly what I mean, and it's not a poetic exaggeration of the problem. Each one of us has traumas to work through and difficulties to overcome. Each one of us was born with a high level of self-esteem which has been successfully lowered or crushed through adolescence. That is the main, but not only one, reason for being inadequate or more simply writing unprepared to live in the current, very demanding environment and in the aftermath becoming anxious, lost and depressed.

Untreated depression leads to thousands of suicide attempts and suicides, families breaking down, severe mental and somatic

illnesses, economic and social problems. Depression is a new cancer devouring humanity and has been recognized as the most dangerous civilization disease of the 21st century. Despite our awareness of the problem, numbers instead of falling become increased every year at an alarming rate and affecting younger and younger generations. It is estimated that in Poland the percentage of undiagnosed and untreated people is over 70% of all the sick ones. It is believed that we will reach a point in our civilization where half of the world population will experience mental disorders, including depression.

What is the reason for this state of affairs? In my opinion and knowledge, there are many causes of depressive disorders and other mental illnesses, starting with the simplest, i.e. genetic. However, my experience and observations show that the pace we live in, the way we are brought up and the too fast civilization development is the direct cause of this. There are fundamental flaws in the process of raising and educating children that led us to not knowing who we are as adult individuals. As children we learn that our emotions are for example inappropriate, shameful, wrong and unimportant. With this kind of feedback from parents, teachers or other adults at the beginning of our lives we start to dissociate from our feelings and mirror this wrongful reflection of inadequacy upon our true, inner being. We bury and forget our true nature, because of lack of acceptance and signal

that we are enough as we are. As adults without self consciousness and self concept we can not determine our goals nor even abilities which properly recognized, developed and targeted may lead us to fulfill our life mission. Without our true personality we are doomed to live as an empty shell of being, once created to thrive not fade. Nowadays our ambitions and goals come from ego, arrogance, pride, fake self-esteem not from within ourselves as it's supposed to originate. Not achieving our goals, because of too great expectations and impossible to execute targets, destroy us peace by peace every day. Each time we don't love, trust nor listen to our true selves it will have its effect on our wellbeing and integrity in the not so distant future. Lack of self-esteem, caused by childhood traumas and wounds, constantly deepened by searching for safety and self worth external not internal is killing us. We are slowly and by omission plunging a self made blade closer and closer to our vital organs, because we do not include our true selves in the process of living, giving the supremacy to others not us. Seeking approval and acceptance from others, perfectionism and the need for control is reducing our already low self-esteem, because we are never good, beautiful, rich or educated enough in our own eyes. Every day we dig our own graves and chase our own tail like a dog by repeating harmful patterns and behaviors or relying on damaging beliefs. Known from generations, superior values which are right in terms of leading a healthy and joyful life have

been utterly suppressed or reversed nowadays. After losing them and in pursuit of finding new sense, we discover shiny on the outside, corrupted on the inside, fake substitute of true ones and because of the breakneck speed we don't have time nor space to reflect on our purposes, mission, passion, talents, destiny or ourselves as living and breathing creature with a mind of their own. In a nutshell, this is my opinion of what causes anxiety, depression and other mental disorders nowadays.

As a generation we lost ourselves and our integrity in the process of chasing false purposes, ideas, beliefs and each of us inflicting disinformation and deepening surrounding chaos furthermore. As children we have not been given a chance to grow in a beneficial environment, so we cannot blame ourselves for not growing healthy. We do not possess power over the past, but we can accept it as it is, influence our present by acting and it will impact on our future. I strongly believe that we are able to heal and learn the lessons from ours and our ancestors' actions and its effects. I think that my age group harvests what our elders sowed and individuals who are mindful and attentive will be the change for next generations. Chaos does not last forever and it's the announcement of change and cleansing what's foul, fake or wrong.

Nowadays it kills us that we do not have our own values according to which we want to live the life we have been given. We do not set a goal worth achieving, nor a plan on how we are going to do it. We don't know what to do. As many experts on social media platforms we would watch as many unrealized ideas for life are added to our "list of shame". Shame and regrets that we do nothing with it. We only see the fact that others are successful, and we are not. Because of it we start running with the rest in a race within an unknown prize, terms and condition. Is the reality truly that pessimistic or maybe the sparkle which ignites the fire of change is already here and I'm privileged enough to see it and write about it?

More than two years ago, the world stopped for a few moments due to COVID pandemic. It was a time when our race for something undefined was unexpectedly and forcibly interrupted. For some of us it was a moment to reflect on questions such as "is my life supposed to look like this" or "what am I actually doing with my life" and a time of enlightenment of a sort. The lucky ones used this period in history to make radical changes in their lives, grow as a person and free from chains they once shackled themselves with, such as harmful patterns or beliefs. Unfortunately, not all of us had such favorable conditions, some were surprised by the pandemic in an already dark and demanding moment of their life. Therefore, depression or other

disorders have even deepened and intensified. Some of us have been "trapped" at home with no one, but themselves or with a toxic family/spouse without any help or support. We have been left alone in our misfortune and with a mess accumulated and uncleaned over the years. Alone with our darkest thoughts and unsteady emotions. The scale of all this increased the number of suicide attempts and the number of people plunged into helplessness and lack of appetite for life. The pandemic "supposedly" has passed, but the problems remain, not to mention the new global imbalance that is currently the war in Ukraine and the aftermath which will probably be economic imbalance and recession. Pandemic and war also brought other tangible negative effects, such as death and mourning for loved ones, loss of financial stability and security. Both of these events left a mark of pain, fear and uncertainty on us as humanity and we will carry it within ourselves not only in this generation.

My past desire of dying and general feeling of being overwhelmed and anxious were not diagnosed as depression. It is difficult for me to imagine what people suffering from depression must feel. When I remember my darkest days, it is hard for me to scale it into something even more intense, apart from attempting suicide or complete emotional, spiritual and physical numbness. Depression (as well as other anxiety and mental disorders) is no longer a taboo, it should not be regarded

as something embarrassing. We should be aware of the seriousness of the situation, the fact that it is a deadly disease, because if left untreated, it leads to death! So if you recognize symptoms such as mood disorders (regardless of circumstances), irritability, hostility, apathy, lowered self-esteem, self-criticism, victim syndrome, chronic fatigue and energy loss, problems with concentration, memory, learning, sexual dysfunction, eating disorders or excessive appetite, insomnia or excessive sleepiness, social withdrawal, neglect of duties, especially suicidal thoughts, it is high time to consult a specialist! No book or listening to motivational videos on Youtube, or even the smartest article on this subject, can cure you, it can only be an inspiration and brief moment of realization how important is your life and your decision to start a change. It would be hard to convince you that you are okay the way you are right now, but it is important for you to know that you have everything you need within yourself to get better, to be truly okay as opposed to whatever dark or miserable state you are in right now. If you are wondering if it is worth to start treatment, let me mention just a few of the many effects of untreated depression or other mental disorder: constant recurrence of severe depressive episodes, development of anxiety disorders, personality changes, suicide attempts, bulimia, anorexia, overweight, diabetes, atherosclerosis, heart attacks and strokes. migraines, abdominal and chest pain or other psychosomatic disorders without due

cause, deterioration of academic and work performance, social alienation and loneliness, shortened life span, death. In case you would think “good, I’m done, I want it to be over” - my dear reader, the end you imagine isn’t this pleasant and swift as you may think, so better do something about it than continue this agony. Reflect about it as the worst is probably already here, now it’s time to rebound and make something of yourself.

I could write a whole book about it, maybe even a few, but this is not what “Organize your life!” is for. As a society, we do not need any further proof of the difficult situation we are in. We need solutions and I hope that what has worked for me will be a new beginning for you, a gate that we will open together, and through which, thanks to your work and willingness to change, you will pass by yourself. I strongly believe that everything that happens to us is for a reason, which will probably be clear for us in a distant future. If you found this book, this is what it was meant to be, embrace this opportunity.

*I am not a psychotherapist, nor a psychiatrist, nor any doctor, so my knowledge on this subject results only from observation of the environment, my own experience and is expanded by scientific literature in this field. Reflect upon your current state and future actions after ending this lecture. Decide, on your own and in your best interest, is it worth to try my methodology and

consider I might be right in order to improve your life. I'm asking for the benefit of doubt and trusting my point of view.



“Only in the dark you can see the stars.”

Martin Luter King



Where to start






First, you should understand who you are. However, the painful truth is that 99% of us at this early stage are unable to truly answer this question, because we lost this knowledge many years ago. Some may think they know the answer, but most likely it will be one of the masks they have put on themselves. Masks that have no connection with their inner, true selves disrupted or hidden at some point in their lives. Children learn through experience, but many of us did not have such an opportunity, because, for example, we grew up in a home where our parents planned our lives for us and handed it on a silver plate, or they were domineering and overly protected and prevent us from making any mistake or maybe from the early age they were diminishing our every try and ideas, so we stopped to do anything at all. We are often pushed onto some path of life and behavior by belief system and upbringing, and we are not able to empirically experience what is in our heart, what's the true song of our soul. So how can we know that we like doing something if we've never tried it? How do we get to know the world around us and the possibilities that are ahead of us, if someone arranged our lives for us and not give us the opportunity to independently experience, feel and see the world with our own eyes? Youth should be a time of searching,

If you want to know more

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